

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 10050, Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Report Date: October 24, 2015 18:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	65.14	--	0.443	61.53	67.26	11.0	64.17	66.118	1	Analytical or derived from analytical	--	03/2007
Energy	kcal	186	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	776	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein <sup>1</sup>	g	25.79	--	0.832	20.65	29.64	11.0	23.958	27.622	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat) <sup>1</sup>	g	8.36	--	0.678	4.31	10.56	11.0	6.867	9.85	1	Analytical or derived from analytical	--	03/2007
Ash <sup>1</sup>	g	1.02	--	0.012	0.95	1.08	11.0	0.996	1.048	1	Analytical or derived from analytical	--	03/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/1992
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1992
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	26	--	2.974	17	46	11.0	19.912	33.005	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <a href="#">1</a>	mg	0.68	--	0.019	0.53	0.78	11.0	0.641	0.724	1	Analytical or derived from analytical	--	03/2007
Magnesium, Mg <a href="#">1</a>	mg	25	--	0.488	21	27	11.0	23.583	25.733	1	Analytical or derived from analytical	--	03/2007
Phosphorus, P <a href="#">1</a>	mg	218	--	3.383	194	240	11.0	210.137	225.03	1	Analytical or derived from analytical	--	03/2007
Potassium, K <a href="#">1</a>	mg	343	--	7.646	283	371	11.0	326.172	359.828	1	Analytical or derived from analytical	--	03/2007
Sodium, Na <a href="#">1</a>	mg	57	--	1.133	48	62	11.0	54.365	59.352	1	Analytical or derived from analytical	--	03/2007
Zinc, Zn <a href="#">1</a>	mg	2.25	--	0.073	1.75	2.63	11.0	2.09	2.41	1	Analytical or derived from analytical	--	03/2007
Copper, Cu <a href="#">1</a>	mg	0.088	--	0.010	0.05	0.16	11.0	0.066	0.11	1	Analytical or derived from analytical	--	03/2007
Manganese, Mn <a href="#">1</a>	mg	0.007	--	0.000	0.01	0.01	11.0	0.006	0.007	1	Analytical or derived from analytical	--	03/2007
Selenium, Se <a href="#">1</a>	µg	45.4	--	5.799	15.8	76.9	11.0	32.637	58.163	1	Analytical or derived from analytical	--	03/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin <sup>1</sup>	mg	0.569	--	0.057	0.46	0.72	3.0	0.388	0.75	1	Analytical or derived from analytical	--	03/2007
Riboflavin <sup>1</sup>	mg	0.219	--	0.039	0.16	0.33	3.0	0.096	0.342	1	Analytical or derived from analytical	--	03/2007
Niacin <sup>1</sup>	mg	7.855	--	0.354	7.3	8.79	3.0	6.727	8.983	1	Analytical or derived from analytical	--	03/2007
Pantothenic acid	mg	0.648	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Vitamin B-6	mg	0.675	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Folate, total	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	10068	02/2009
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	73.3	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Betaine	mg	2.7	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Vitamin B-12	μg	0.52	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	10068	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin D (D2 + D3)	µg	0.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D	IU	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	2.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
8:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

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10:0 <a href="#">1</a>	g	0.005	--	0.003	0	0.01	3.0	-0.005	0.015	1	Analytical or derived from analytical	--	03/2007
12:0 <a href="#">1</a>	g	0.003	--	0.003	0	0.01	3.0	-0.006	0.011	1	Analytical or derived from analytical	--	03/2007
14:0 <a href="#">1</a>	g	0.101	--	0.026	0.05	0.17	3.0	0.02	0.183	1	Analytical or derived from analytical	--	03/2007
15:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
16:0 <a href="#">1</a>	g	1.760	--	0.427	0.91	2.93	3.0	0.401	3.118	1	Analytical or derived from analytical	--	03/2007
17:0 <a href="#">1</a>	g	0.022	--	0.005	0.01	0.04	3.0	0.005	0.039	1	Analytical or derived from analytical	--	03/2007
18:0 <a href="#">1</a>	g	0.914	--	0.231	0.47	1.56	3.0	0.179	1.649	1	Analytical or derived from analytical	--	03/2007
20:0 <a href="#">1</a>	g	0.011	--	0.004	0	0.02	3.0	-0.003	0.025	1	Analytical or derived from analytical	--	03/2007
22:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Fatty acids, total monounsaturated	g	3.482	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
15:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
16:1 undifferentiated <sup>1</sup>	g	0.212	--	0.045	0.11	0.32	3.0	0.068	0.356	1	Analytical or derived from analytical	--	03/2007
17:1 <sup>1</sup>	g	0.004	--	0.004	0	0.02	3.0	-0.009	0.018	1	Analytical or derived from analytical	--	03/2007
18:1 undifferentiated <sup>1</sup>	g	3.216	--	0.755	1.76	5.32	3.0	0.814	5.618	1	Analytical or derived from analytical	--	03/2007
18:1 c <sup>1</sup>	g	3.172	--	0.742	1.73	5.23	3.0	0.81	5.534	1	Analytical or derived from analytical	--	03/2007
18:1 t <sup>1</sup>	g	0.044	--	0.013	0.03	0.08	3.0	0.002	0.085	1	Analytical or derived from analytical	--	03/2007
20:1 <sup>1</sup>	g	0.050	--	0.013	0.03	0.09	3.0	0.008	0.092	1	Analytical or derived from analytical	--	03/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Fatty acids, total polyunsaturated	g	0.913	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:2 undifferentiated <sup>1</sup>	g	0.783	--	0.178	0.57	1.31	3.0	0.215	1.351	1	Analytical or derived from analytical	--	03/2007

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18:2 n-6 c,c <sup>1</sup>	g	0.760	--	0.173	0.56	1.28	3.0	0.208	1.311	1	Analytical or derived from analytical	--	03/2007
18:2 t,t <sup>1</sup>	g	0.023	--	0.005	0.01	0.04	3.0	0.006	0.04	1	Analytical or derived from analytical	--	03/2007
18:3 undifferentiated <sup>1</sup>	g	0.031	--	0.009	0.02	0.06	3.0	0.004	0.059	1	Analytical or derived from analytical	--	03/2007
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.031	--	0.009	0.02	0.06	3.0	0.004	0.059	1	Analytical or derived from analytical	--	03/2007
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
20:2 n-6 c,c <sup>1</sup>	g	0.029	--	0.007	0.02	0.05	3.0	0.006	0.051	1	Analytical or derived from analytical	--	03/2007
20:3 undifferentiated <sup>1</sup>	g	0.002	--	0.002	0	0.01	3.0	-0.005	0.009	1	Analytical or derived from analytical	--	03/2007
20:4 undifferentiated <sup>1</sup>	g	0.068	--	0.002	0.06	0.07	3.0	0.061	0.075	1	Analytical or derived from analytical	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total trans-monoenoic	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cholesterol <sup>1</sup>	mg	66	--	6.272	48	76	3.0	45.814	85.736	1	Analytical or derived from analytical	--	03/2007
<b>Amino Acids</b>													
Tryptophan <sup>1 2</sup>	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Threonine <sup>1 2</sup>	g	1.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Isoleucine <sup>1 2</sup>	g	1.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Leucine <sup>1 2</sup>	g	2.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lysine <sup>1 2</sup>	g	2.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Methionine <sup>1 2</sup>	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Cystine <sup>1 2</sup>	g	0.298	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Phenylalanine <sup>1 2</sup>	g	1.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Valine <a href="#">1</a> <a href="#">2</a>	g	1.348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Arginine <a href="#">1</a> <a href="#">2</a>	g	1.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Histidine <a href="#">1</a> <a href="#">2</a>	g	1.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Alanine <a href="#">1</a> <a href="#">2</a>	g	1.514	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	2.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	4.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Glycine <a href="#">1</a> <a href="#">2</a>	g	1.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Proline <a href="#">1</a> <a href="#">2</a>	g	1.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Serine <a href="#">1</a> <a href="#">2</a>	g	1.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**<sup>1</sup>National Pork Board (NPB) Pork Study - Natural Cuts - 2006, 2006<sup>2</sup>National Pork Board (NPB) Pork Value Cuts 2007, 2007